



To Your Health

A Patient Health Education Publication

March and April 2006

Miami VA Healthcare System

Volume 1 Issue 2

March is *Diabetes Prevention Month*

Knowing Your Diabetes ABC's Can Help

Hemoglobin A1C

- The A1C test is a blood test for your diabetes. It tells us if your blood sugars have been controlled for the previous 2 – 3 months. High A1C's over time increase your chances of developing complications from your diabetes.
- The A1C goal for most people with diabetes is less than 7.
- Ask your provider what your A1C goal is.

Blood Pressure

- High blood pressure or hypertension makes your heart work harder. High blood pressure over time increases your risk for heart attack, stroke or kidney disease.
- The blood pressure goal for most people with diabetes is 130/80 or less.
- Ask your provider what your blood pressure goal is.

Cholesterol

- Elevated cholesterol levels, especially your LDL (bad) cholesterol can cause your blood vessels to narrow and harden. Over time, this can cause a heart attack or stroke.
- The LDL cholesterol goal for most people with diabetes is less than 100.
- Ask your provider what your LDL cholesterol goal is.

April is *Be Wise With Your Health Month*

Be An Active Participant In Every Medical Visit

Ask questions, take notes and let your Health Care Provider know if you need more time to gain a good understanding about your condition and treatment. Ask for written instructions as needed. For best results ask the following:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?



Our employees and volunteers learn how to prepare heart healthy recipes at the employee wellness Heart Healthy Fair 2006
Grilled Caribbean Chicken Breast Recipe on back page

Medication Copayments

What is the medication copayment?

The Department of Veterans Affairs (VA) charges a copayment for each 30-day or less supply of medication provided on an outpatient basis for the treatment of a nonservice-connected condition. For calendar year 2006 the copayment amount is \$8.

Why does VA require a medication copayment?

By law (PL 101-508 and PL 106-117), VA must charge veterans a copayment for their outpatient medications. The Veterans Millennium Health Care and Benefits Act (PL 106-117) authorized VA to increase the copayment amount and to establish an annual cap on the amount of medication copayments charged.

What is covered by the medication copayment?

The medication copayment applies to medications and over-the-counter medications (aspirin, cough syrup, vitamins, etc.) that are dispensed from a VA pharmacy for outpatient care. You are not charged a medication copayment for medical supplies (syringes, alcohol wipes, etc.) and for medication administered during treatment.

Does the medication copayment apply to me?

The medication copayment applies to you if:

1. You are a nonservice-connected veteran receiving outpatient treatment, and your annual income exceeds the limit set by law. This limit changes on an annual basis. For the specific amount, contact the Business Office at the nearest VA health care facility.
2. You are a service-connected veteran rated less than 50 percent and are receiving outpatient treatment for a nonservice-connected condition, and your annual income exceeds the limit set by law.

Author: Veterans Health Administration Business Operations Office

For more information about copayments please contact the Miami VA Billing and Insurance Office at:

305-575-7000 Ext. 3593

Grilled Caribbean Chicken Breasts

Number of Servings: 6

Serving Size: 3-4 oz.

Ingredients

	Measure
fresh squeezed orange juice	1/4 cup
orange peel	1 tsp
olive oil	1 Tbsp
lime juice	1 Tbsp
ginger, minced	1 tsp
garlic clove, minced	2 ea
hot pepper sauce	1/4 tsp
minced fresh oregano	1/2 tsp
boneless, skinless chicken breasts, halved	1 1/2 lb

Preparation Instructions

1. In a blender, combine all ingredients except the chicken. Pour the marinade over the chicken breasts and marinate in the refrigerator at least 2 hours or up to 48 hours.

2. Grill or broil the chicken for about 6 minutes per side until no trace of pink remains.

This recipe is from More Diabetic Meals in 30 Minutes - Or Less
<http://store.diabetes.org/adabooks>

Published by the American Diabetes Association.

Did You Know?

TLC for Dementia Care Program

Caregivers do you feel stressed, overwhelmed or overburdened?

If you are a caregiver of a veteran with memory problems or dementia you may be eligible for a special VA program called TLC for Dementia Care. This program utilizes technology and a team effort to coordinate care for veterans with dementia or memory loss. The program uses technology to educate and support caregivers of veterans with dementia in the home. This device allows the TLC Team and the patient to communicate with each other on a regular basis. Please call us to find out more information.

Call 305-575-3583

Monday thru Friday 7:30 a.m. to 4:30 p.m.